CNC NEWS

2009 Issue 3

Care Network

Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

CAN YOU HELP to identify this photograph?

We have a number of photographs in the office that we cannot identify; this one for instance has 'Vol driver taking members to lunch' written on the back, but we have no idea when or where it was taken, where they were going to or from, or who the four ladies are. If you can help us with any of these questions please contact us.

'Vol Driver taking members to lunch!'

We have a very kind volunteer who, in conjunction with Sheila Stephenson, is trying to create a Care Network Archive. Care Network Cambridgeshire began in 1986 and we have some facts and figures to show how it has grown and developed, but it's the people that have made Care Network what it is and so we would dearly like to identify all the volunteers, and those they have helped, that have made Care Network the caring organisation that it is today.

GOOD NEWS FOR A NEW YEAR!

This issue carries good news of yet more new good neighbour schemes: read on for news of Whittlesey! Care Network is also really pleased to report that we have settled funds for the coming year. We're even recruiting extra staff to help run Welcome Home from Hospital and to expand Help at Home outwards from East Cambs. We're not getting complacent, and we know times will be hard, so we're turning our attention NOW to fundraising for the years ahead when grants expire. But in the meantime we'd like to thank everyone for supporting this fantastic work, whether you give financially, with time or in other practical ways. Grants are of course a huge reassurance and strongly endorse all that we - our volunteers and the many schemes that we network with - continue to offer to our older, isolated and vulnerable neighbours, making it more pleasant to live independently with dignity. So thanks to everyone who gives, whatever the contribution, and we'd like to publicly commend our main funders :

- ☺ Cambridgeshire County Council
- ☺ NHS Cambridgeshire (PCT)
- ☺ South Cambridgeshire Local Strategic Partnership
- ☺ East Cambridgeshire Local Strategic Partnership
- ☺ Fenland Local Strategic Partnership
- ☺ The Big Lottery
- ☺ South Cambridgeshire District Council and Fenland District Council
- ☺ Lloyds-TSB Foundations for England and Wales
- ☺ Age Concern England

Thank you!

Every minute and every pound counts towards giving free support to groups and individuals.

NEWS FROM SOUTH CAMBS

The good news continues. ..

We have interest in 'good neighbour schemes' for Gamlingay and Little Gransden. Initial discussions have also begun in West Wratting and I hope to have more news about that later in the year.

Also the **Beaches Social Car** scheme has had a successful time since it's re-launch in March 2009. They are providing on average 25 journeys per week. In total since April 2009 they have helped 84 clients, have provided 713 journeys and have covered between them 6140 miles!

The Mobile Wardens Quarterly meetings continue, the next is going to be on 11 February in the afternoon and we will be inviting both committee members and wardens to join us to look at what CRB, ISA and safeguarding in general means for them. We will 'talk through' how we can use this for the best interests of scheme members, those who run the schemes and the wardens themselves. We will be joined by **Deniva** from East Cambs and the Development Officer for East, Thora Blondal. Please note there is a change of date for the meeting in May.

End of an Era

Unfortunately there is a little bad news; our thanks go to Dr Janet McCabe and her colleagues for their commitment to the running of **Comberton Mobile Warden Scheme** for many years. During 2009 the demand for the scheme was not high and when the mobile warden needed to leave it became apparent that, for now, the scheme needed to close. Those who were using it were visited and they have set up alternative arrangements.

The experience of the scheme and the circumstances leading up to the closure will be valuable to other good neighbour schemes and how we do or do not develop these in the future. The social car scheme in Comberton is still operating with around 40 volunteer drivers.

Seldom Heard Voices

Recently we collaborated with Cambridge CVS in their project 'Seldom Heard Voices' which aims to seek out the views and opinions of those not so easily reached, for South Cambs Local Strategic Partnership. It was a pleasure and a privilege to spend some time talking to people at **Melbourn Luncheon Club** and to hear something of their lives, past and present; and how their daily lives feel for them now. Thanks go to Jane White and her colleagues and volunteers. Please feel do let me know if your scheme and those it supports would like to be part of anything like this in the future.

We have also been working directly with South Cambs District Council to raise the profile of good neighbour schemes for both residents and district councillors. As part of this there was an article about mobile warden schemes in the South Cambs District Council Newsletter. We hope to have others on different types of good neighbour schemes at a later date.

I continue to attend forums to represent good neighbour schemes, and to raise the profile and understanding of them. We have regular representation at the South Cambs Transport and Access Group, which is highly relevant for social car schemes and for any type of access that might be needed. As we know, transport in rural areas is often difficult and social car schemes are a vital link for many people.

Jane Hurst
South Cambs Development Officer

NEWS FROM FENLAND

The new **Whittlesey Community Car Scheme,** which is supported by Cambridgeshire County Council, Care Network and Whittlesey Charities, is already proving very busy. A number of people have used the scheme for journeys such as appointments to the surgery and hospital, visiting relatives, going to the gym and attending a social club. There have also been lots of enquiries about who can use the service and for what purposes. For information or to book a journey you need to ring 07810 427483.

Also in **Whittlesey**, the new **Lunch Club** has just started. 28 people enjoyed a splendid meal at the Falcon Hotel and, while some came with friends or partners, others came on their own and enjoyed meeting new people or renewing old friendships.

Members of the Whittlesey Lunch Club at their first lunch meeting held at the Falcon Hotel

I'm really enjoying working in Whittlesey with such nice people. This small market town has a great sense of community, seen at its best during the recent annual Straw Bear Festival.

The Whittlesey Straw Bear 2010

Molly Dancers at Whittlesey Straw Bear Festival.

I am now starting on something which is always a great pleasure after Christmas, visiting the various lunch clubs in the area and catching up with friends and village news.

Sue Beel
Fenland Development Officer

NEWS FROM EAST CAMBS

SAFE & SOUND

LOCKED – STOP – CHAIN – CHECK

Safe and Sound is all about making people aware of how to protect themselves against so called 'Distraction Burglaries'. This is when someone tries to enter a person's home to steal by pretending to be a person that we would normally let in. The great news is that this type of crime has one of the lowest rates for the region. The bad news is that the impact on the victim of this crime is awful and sometimes the fear alone of such a crime can keep people isolated and prisoners in their own homes.

For the next three months I'll be visiting voluntary groups and clubs to tell them about this type of crime and show them how to best protect themselves. This work is funded by the East Cambridgeshire Community Safety Partnership and if you would like to me to come and talk to you and your group please contact me on 01353 772169 or email me at thora.b@care-network.org.uk.

Mr. Joshua Martin turns 100!

Mr. Martin who is a member of the Deniva mobile warden scheme in Soham celebrated his 100th birthday in November. All of us here at Care Network would like to wish him a very happy birthday!

Mature and Active

A 'keep fit' session at the weekly Mature and Active event at Paradise Sports Centre, Ely

Started with support from Care Network, the Mature and Active programme is growing from strength to strength and is now coming to Littleport. Have a go at bowls, archery, gentle keep fit exercises and a whole range of other activities at the free taster session between 10-12 on Wednesday February 17th in the Leisure Centre. The regular timetable will then start on February 24th.

Thora Blondal
East CambridgeshireDevelopment Officer

NEWS FROM HUNTS

New Craft Group is up and running.

Members of the Chatters Crafters, indulge in quilting, knotting, jewellery making and pottery.

Volunteers at Chatters Community Café in Holywell-cum-Needingworth have extended the range of activities and events based around the café by setting up a monthly craft group for residents in the village. A wide variety of craft activities is enjoyed by the local people who have joined the group, including pottery, knitting, sewing, card making, and decoupage, to name just a few. The members are all keen to share their enthusiasm and will willingly show off their work to both regular members and those who drop by while visiting the café, giving them a taster for what the craft involves and hopefully passing on some of their skills and passion.

Following an impromptu spinning demonstration by the Huntingdonshire Development Officer, Heather, at the January meeting, one of the regular members tried her hand at the spinning wheel, and was keen to learn more.

Chatters Crafters joins a growing list of groups and events which are basing their activities at the café so members can also enjoy the snacks and drinks available in the pleasant surroundings of the café.

Friday Club enjoys Christmas

Thanks to the generosity of Cambridgeshire Community Foundation, which has provided funding for the Friday Club in Huntingdon town centre this year, members enjoyed a particularly busy and sociable Christmas. At the beginning of December the members went to see Huntingdon Youth Theatre perform their version of 'Alice in Wonderland' at Huntingdon Commemoration Hall.

Closer to Christmas, local café The Gallery hosted a Christmas lunch for the members.

All the members of the group, who have disabilities and live around Saxongate, thoroughly enjoyed both events. Kim, who coordinates the group, said 'The panto at the Commemoration Hall was really good, the kids' acting was great. We all had a good laugh! '

The group would love to welcome new members. Contact Heather for more information about its regular sociable get-togethers and outings.

Heather Corbishley
Hunts Development officer

Kim Peacock, Chair of The Friday Club

WELCOME HOME FROM HOSPITAL

In the past 12 months WHfH South has seen 337 clients. Although we have had up to 50 volunteers during the year, sometimes we found that we had only a handful available (in the relevant areas) to take clients, due to volunteers' holidays or sickness. Still, we managed to offer the service to anyone who was in need during the year. Some volunteers were working with 2-3 clients at one time. As well as our regular tasks of checking people are OK, shopping, picking up prescriptions and collecting pensions, some other tasks undertaken by our volunteers during this time were:

- Rearranging flowers, watering pot plants, taking refuse out
- Ironing, mending
- Dog walking
- Organising community alarms and key safes.
- Going to the local launderette to dry washing
- Collecting false teeth and glasses
- Keeping clients company.

A huge 'Thank You!' to all the volunteers who have helped during this busy time.

Hilary Johnys
Senior Direct Services Coordinator

CHRISTMAS CELEBRATIONS

After a very quiet first six months for Fenland WHfH, both Huntingdon and March WHfH offices have seen a considerable increase in referrals and we would like to send a big thank you to all our volunteers!

On December 8th we held a lunchtime party to celebrate three years of WHfH in Hunts and to say thank you to the volunteers for their help and continued support throughout 2009. Normally this is a Hunts only event but this year we decided to open it up to all our volunteers and the local good neighbor schemes that we network with throughout Cambridgeshire. This was enjoyed by all and many volunteers said that they had enjoyed meeting others from different schemes.

Lesley Griffey and Dame Norma Major with some of our volunteers at the Hunts 3rd Anniversary and Christmas Party, Needingworth Village Hall

We were honored to have Dame Norma Major join us once again for this celebration, despite her very busy schedule. Dame Norma endeavored to talk to as many of the volunteers as was possible, but having said that, there were in excess of 80 people at the party!

We were also delighted to have Rex Freeman & Friends entertain us with an assortment of songs, jokes and stories which were all very well received. So a big thank you to Rex & his Friends who gave their time free of charge!

Happy New Year to all the Hunts and Fens volunteers, wishing you a happy, healthy 2010!

Lesley Griffey
Coordinator

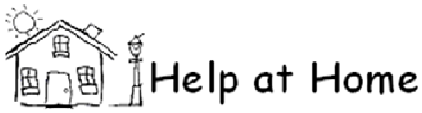
HELP AT HOME

Neither the snow, the cold weather or the dark days could stop our volunteers venturing out to help people in the community. Support, especially with shopping, became essential as so many older residents did not dare to leave their homes. Unfortunately, some accidents occurred too and Christmas was spent in hospital with a broken leg, arm or hip. Others got away with simply a nasty cold. At all times our volunteers stayed in touch, willing to carry on their visits or take up their tasks again.

We are glad to say that we are back to business as usual and are happy to deal with and receive further requests from the community. As a small reminder, following are some of the chores our volunteers were able to do: *move a bed, assist walking to shops, bring in washing, change a mattress, cut back shrubs, change curtains*, *etc*.

As the scheme is so much appreciated by everyone, and more volunteers have been recruited in East Cambs, we are now able to accept requests in other areas beyond Ely too. Should you be interested in receiving or giving help, please get in touch with our Ely office (01353 772169) and we shall do our utmost to assist.

Jacquie Schearer
Coordinator, Help at Home



NEW WAYS TO GIVE TO CHARITY WITHOUT IT COSTING A PENNY!

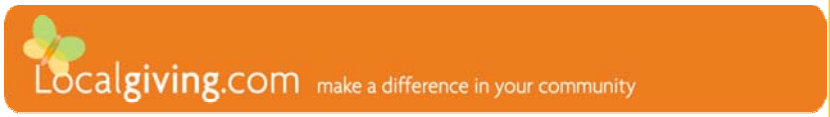
Care Network is passionate about supporting independence and dignity for older, isolated and vulnerable residents in our Cambridgeshire communities. Being a charity, we depend for this work on funding by local authorities and grant giving trusts, but also increasingly on donations. To make it easier to help, we have researched some useful methods.

Here are two **free** ways you can help your favourite charities - including Care Network!

- ✓ Log on to *easyfundraising.org.uk* to shop on-line from retailers like Amazon, John Lewis or Argos - up to 15% of the purchase price can be donated to charity, at no extra cost
- ✓ When we buy pensions, investments, life insurance and healthcare products we may well be paying in the premium for pay advice that we don't actually take. You can claim this back via *cleversquirrel.org* which checks and claims whatever refund is due on your behalf, and gives you 75% - and you may wish to give some or all of that to charity.

And here is how you can make a **donation** to support our vital work:

- ✓ You can now give to Care Network on-line via a new website set up by the Cambs Community Foundation to help local charities like ours. Click onto *www.localgiving.com* and enter us (Care Network Cambridgeshire) in the search box. You can read about us and register to make a gift. We're thrilled as we've just received our first pledged gift! Hooray! Thank you!



- ✓ We're also listed with *thebiggive.org.uk* which is a national on-line giving site.
- ✓ And we're still keen supporters of the good old-fashioned cheque!!! If you can help us, please make them payable to *Care Network Cambridgeshire*. Many thanks.

We have now registered for Gift Aid, so if you're a UK taxpayer, do ask us for a Gift Aid form and we can claim directly from the Chancellor a further 28p for every £1. ***Thank you!***

CNC Dates for your Diary!

Thurs 11th Feb	2.00 - 5.00	Mobile Warden Group - ”Safeguarding”
Tues 9th March	9.30 - 3.00	Direct Services & volunteer visitor training
Thurs 25th March	2.30 - 4.30	Huntingdon - West residents’ afternoon tea
Thurs 6th May	2.00 - 5.00	Mobile Warden Group - “Boundaries: how far do you go?”
Thurs 10th June	9.30 - 3.00	Direct Services & volunteer visitor training
Thurs 9th Sept	tbc	Mobile Warden Group
Tues 14th Sept	9.30 - 3.00	Direct Services & volunteer visitor training
Fri 1st Oct	Various	Care Network Coffee Mornings
Fri 8th Oct	12-2.30	AGM and volunteers’ party
Thurs 18 Nov	tbc	Mobile Warden Group

On the Spot with...

ANDREW GARDNER, Chair of Trustees answers some quick gardening questions…

➢**Hampton Court or village show?**
Hampton Court

➢**Gardeners’ World or Gardeners’ Question Time?**
Gardeners Question Time

➢**Peat or Peat-free?**
Peat

➢**Gloves or no gloves?**
No Gloves

➢**Wheelbarrow or trug?**
Wheelbarrow

➢**Plastic pot or terracotta?**
Terracotta

➢**Organic or non-organic?**
Non-organic

➢**Gardens modern or old-fashioned?**
Old-fashioned

➢**Roses, pretty or past it?**
Pretty

➢**Holiday South of France or Southwold?**
South of France

➢**Decking or Paving?**
Paving

This is a light-hearted introduction to our trustees, starting with our chairman. We acknowledge *Gardeners’ News* magazine, for the idea. How would you answer?!

To contact us about the CNC Dates above, or any issues raised in this edition of *CNC News*, please ring our main office on 01954 211919 or e-mail admin@care-network.org.uk. You can also write to us at the address below.

Care Network Cambridgeshire,
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Registered Charity No 1120693, Company Limited by Guarantee No 6297277

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Fenland Strategic Partnership
South Cambridgeshire
AGE Concern
Cambridgeshire County Council
Cambridgeshire NHS Primary Care Trust
Big Lottery Fund
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